

# **UCOOK**

### **Crispy Cumin Coated** Chicken

with pumpkin chunks, chickpea salsa & sultanas

Lush, crispy, cumin-coated chicken pieces sit alongside chunky pumpkin. A spicy chickpea salsa with sweet pops of golden sultanas and a zip of fried garlic elevates this wholesomely chic dish to a whole new level. Quick and easy, simple and tasty!

Hands-On Time: 25 minutes

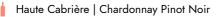
Overall Time: 45 minutes

**Serves:** 2 People

Chef: Kate Gomba



Health Nut



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## Ingredients & Prep Free-range Chicken Pieces 10ml

500g

240g

2

10g

Ground Cumin

Pumpkin Chunks rinsed & cut into bite-sized chunks

Chickpeas drained & rinsed

Garlic Cloves

peeled & grated Golden Sultanas 20g

roughly chopped Onion

peeled & finely diced 160g **Baby Tomatoes** auartered

> Fresh Coriander rinsed, picked & roughly

deseeded & finely chopped

chopped Fresh Chilli

White Wine Vinegar 40ml

## Oil (cooking, olive or coconut)

From Your Kitchen

Salt & Pepper

Water Paper Towel

1. START Preheat the oven to 200°C. Place the chicken pieces on half of a roasting tray, toss with the cumin and oil, and season. Place the pumpkin pieces on the half of the roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp.

2. CRISPY CHICKPEAS Place a pan over a medium heat with a drizzle of oil. When hot, fry the drained chickpeas for 12-15 minutes until crispy and golden in colour. For the best result, only shift occasionally. If they start to pop out, use a lid to rein them in! In the final 1-2 minutes, add the grated garlic, chopped sultanas, and fry for 1-2 minutes until fragrant, shifting constantly.

3. SPICY SALSA Place the crispy chickpeas mixture in a bowl. Add the diced onion to taste, baby tomatoes, and ½ of the chopped coriander. Toss through sliced chilli, white wine vinegar, and seasoning – all to taste!

4. DELICIOUS DINNER Plate up the pumpkin alongside the chicken and chickpea salsa. Garnish with the remaining coriander. Well done, Chef!



To check if your chicken is ready, pierce it with a knife. If it's cooked through, the iuices will run clear.

### **Nutritional Information**

Per 100a

Energy 515kI 123Kcal Energy Protein 7.3g Carbs 16g of which sugars 3.4g Fibre 3.6g Fat 2.9g of which saturated 0.7g Sodium 18ma

### **Allergens**

Allium, Sulphites

Cook within 3 Days